

# STOP

## THE SPREAD OF THE **FLU** AND **COVID-19**

**Employing multiple public health measures at once helps protect you and your community from the flu and COVID-19.**

- + Get vaccinated against both the flu and COVID-19.
- + Stay home and away from others if you feel sick.
- + Improve ventilation in indoor and shared spaces.
- + Wash your hands often with soap and water.  
Use hand sanitizer if soap and water aren't available.
- + Wash your hands before touching your eyes, nose or mouth.
- + Cough and sneeze into a tissue or into the bend of your arm.
- + Clean and disinfect frequently touched surfaces and objects.

Decide whether to add other public health measures, like wearing a mask or physical distancing in public, based on:

- + levels of flu and COVID-19 in your community
- + vaccination coverage in your community
- + your personal risk and comfort levels

It's not always easy to tell the difference between flu symptoms and COVID-19 symptoms. If you have symptoms, stay away from others and follow the advice of your health care provider or local public health unit.

To learn more, visit [Canada.ca/flu](https://Canada.ca/flu) and [Canada.ca/coronavirus](https://Canada.ca/coronavirus)

